

# Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020  
www.FrederickCountyMD.gov/aging

## September Program Highlights

### Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "Does feeling a little blue have to ruin my whole day: A discussion on ways to cope with depressions and chronic discomfort."

**Date:** Thursday, September 10  
Sign-up by Tuesday, September 8  
**Time:** Noon  
**Cost:** \$4.68 (Regular meal cost)

### Picnic - Frederick

The Frederick Senior Center is hosting a picnic for all the Frederick County Senior Centers. Picnic lunch: fried chicken, coleslaw, baked beans, fruit, ice cream. Food! Fun! Friends!

**Date:** Tuesday, September 15  
Sign-up by Thursday, August 6  
**Time:** 11:00 a.m.-1:30 p.m.  
**Place:** Frederick Senior Center  
**Cost:** \$5.00 (suggested lunch contribution)

### National Senior Center Week

**Celebrate LIFE**  
**Learning, Independence,**  
**Friends, Energy**

**September 21-25, 2015**

**Special Meals and Activities**

### Color This!

Coloring for grownups! It's meditative and relaxing. Coloring requires you to be in the moment and put your worries aside. However, the health benefits go beyond relaxation, and include exercising your fine motor skills and training your brain to focus.

**Date:** Thursdays  
**Time:** 9:30 a.m.  
**Cost:** Donation of a coloring book, colored pencils or crayons

### Chinese Mah Jong

The leisure game of Chinese Mah Jong will exercise your brain. Beginners welcome!

**Date:** Tuesdays  
**Time:** 1:00 p.m. **Cost:** Free

### Stitching Post

Come to knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills.

**Date/Time:** Mondays 10:00 a.m. Free  
**Date/Time:** Tuesdays 1:00 p.m. Free

### Artful Creations

Create unique and fun art work! Suncatchers, ornaments, mobiles: use your imagination as we melt pony beads to create art!

**Date:** Wednesday, September 16  
(Register at least 5 days before start)  
**Time:** 1:00 p.m. **Cost:** \$5.00

### Fall Exercise Programs

- Line Dancing • Yoga
- Basic Tai Chi • Advanced Tai Chi
- Morning Exercise